

Taco Chicken

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0 FSP – Can be used for tacos, in a salad, over rice....endless possibilities!

- 4 boneless, skinless chicken breasts
- 1 package taco seasoning
- 1/2 cup taco sauce

For Instant Pot

1. Place 2 cups water in Instant Pot
2. Place chicken on the trivet rack.
3. Sprinkle with taco seasoning. Pour on taco sauce
4. Cook on high pressure for 12 minutes. Natural release. Drain almost all excess liquid (leave about 1/4 cup). Shred chicken.

Crockpot

1. Place chicken breasts and 1/2 cup water in crock pot.
2. Sprinkle on taco seasoning and pour on sauce.
3. Cook on low for 6-8 hours or high for 4. Shred chicken